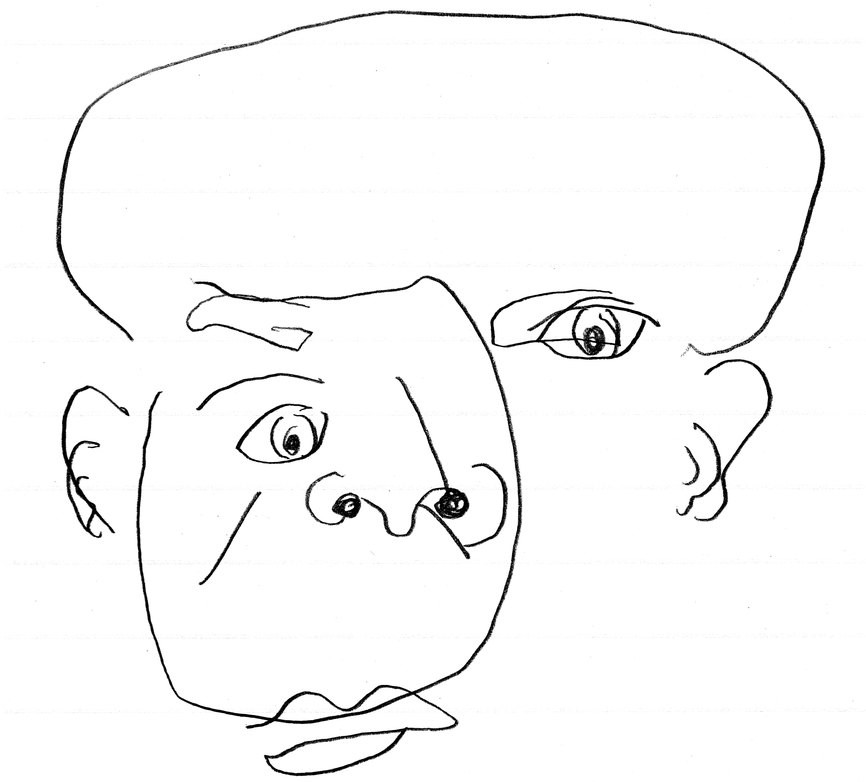

THE BEAUTIFUL TRUTH

by Dexter Froud

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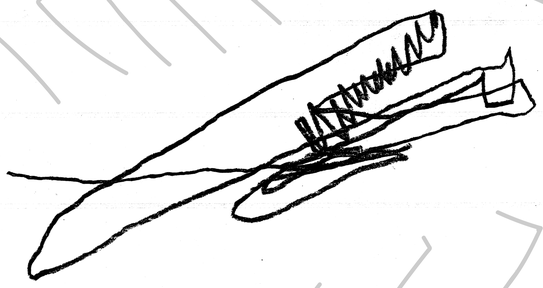
SPECIAL THANKS TO: Mom, Dad, Hakeem, Alex, Felicity, Audra, Sarah, Grant, Bastian, Ben, and Maya

It hasn’t been the nicest 21 years.
Aside from mistakes, miscommunications,
failed relationships, and toxic family members,
my own brain can’t give me a break.

I unceasingly walk around with gray fog.
Thin rays of light can occasionally
pierce through the obstruction,
but only for so long.

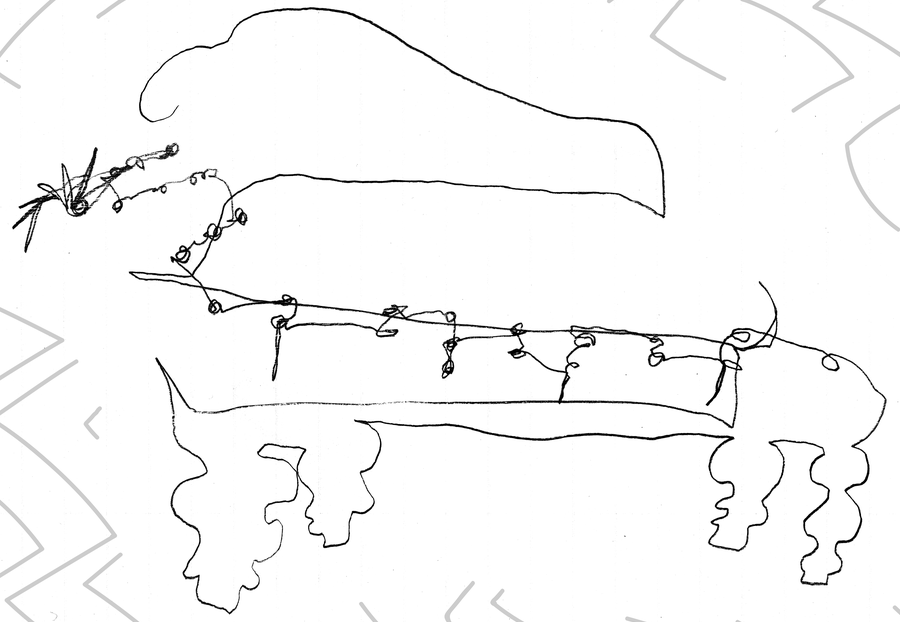
With the intent of giving my life some greater level of purpose and direction, I've started obsessively scheduling out my days…



'When do I tweeze my eyebrows?'

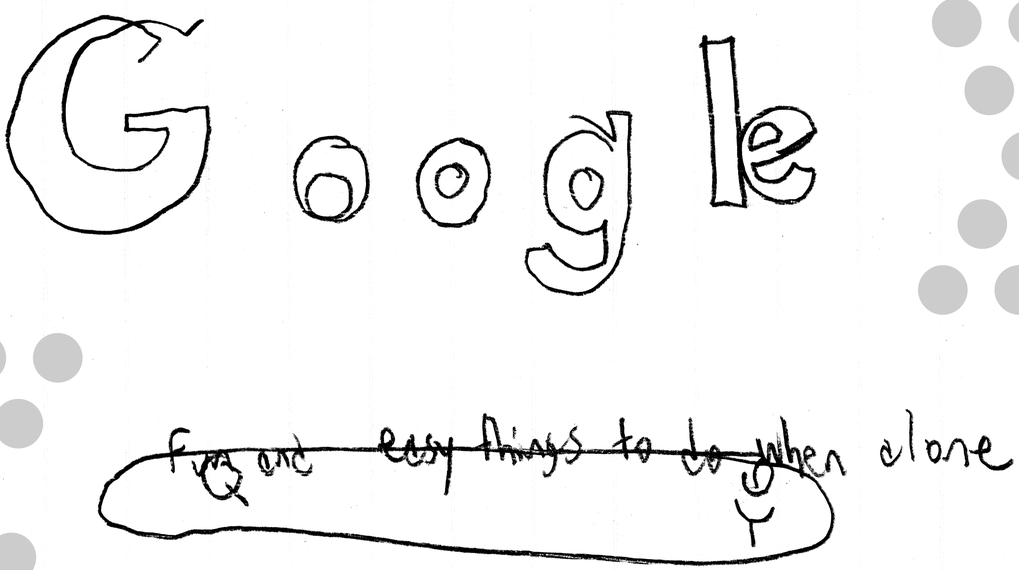
'When do I take out my trash?'

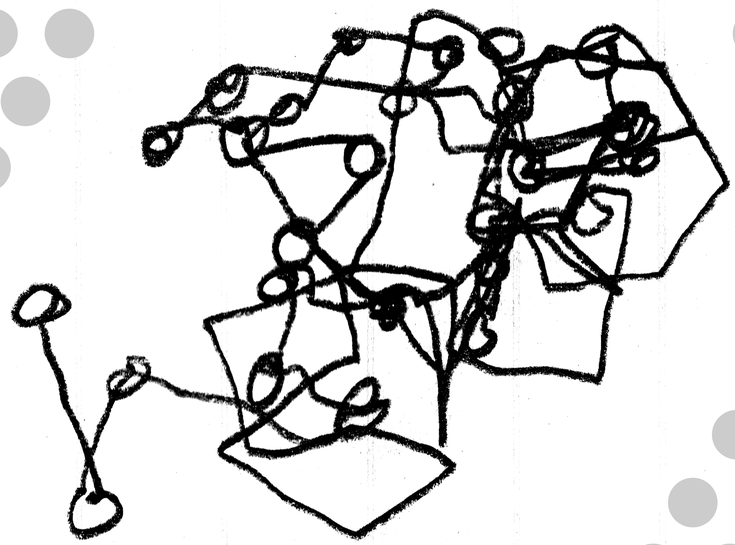
'When do I masturbate?'



…but after speaking with a therapist, I've started considering how I could incorporate more enjoyable and fulfilling tasks into my daily life.

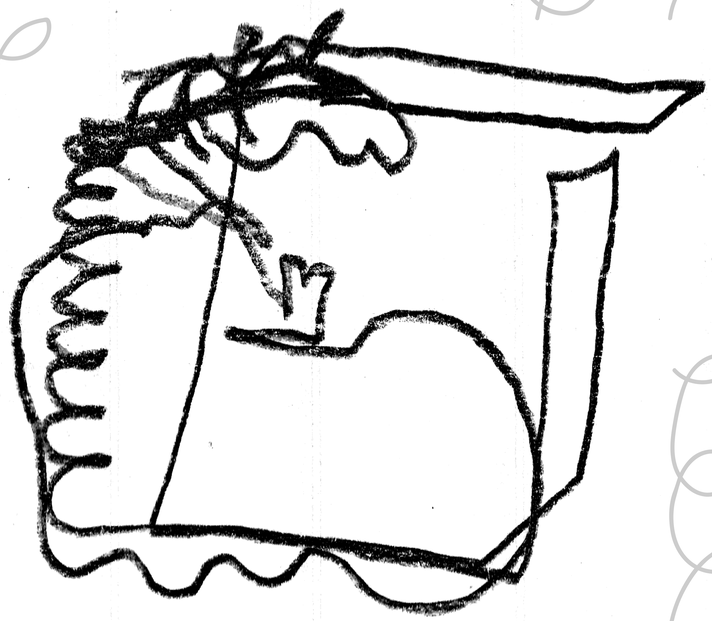
From a Google search, I discovered several lists of fun and easy things to do when alone, pasted their contents into a text document, and whittled them down to a numbered list of 63 items in an absurdly meticulous effort to introduce simple joys into my routine again.

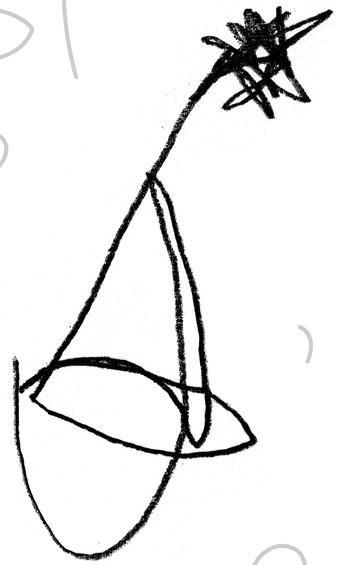


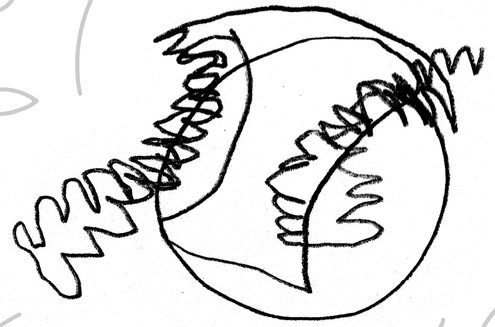


One of the recommendations mentioned was to try a blind contour drawing, an idea that I paid no mind or interest to until a random number generator picked its number from the list.

For those who may be unfamiliar, the concept is to draw the outlines of a subject without looking down at the paper or lifting your pencil or pen.

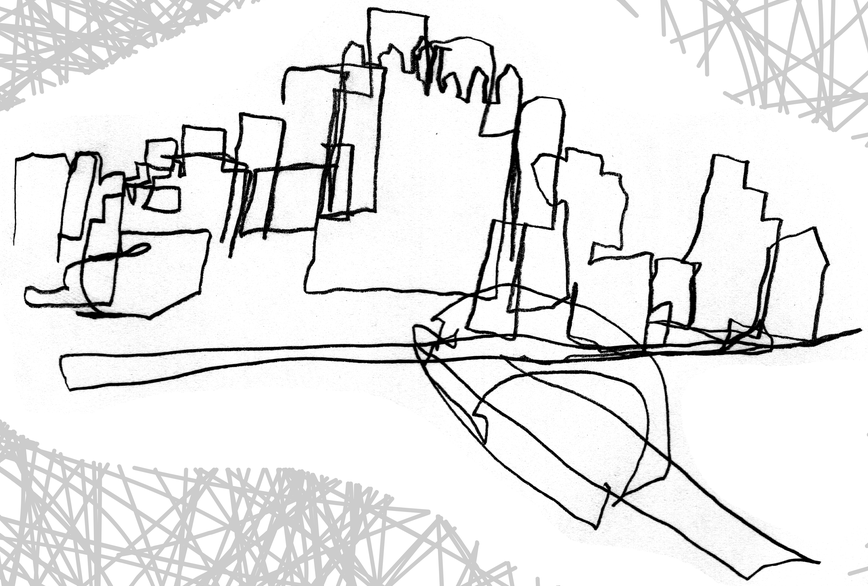


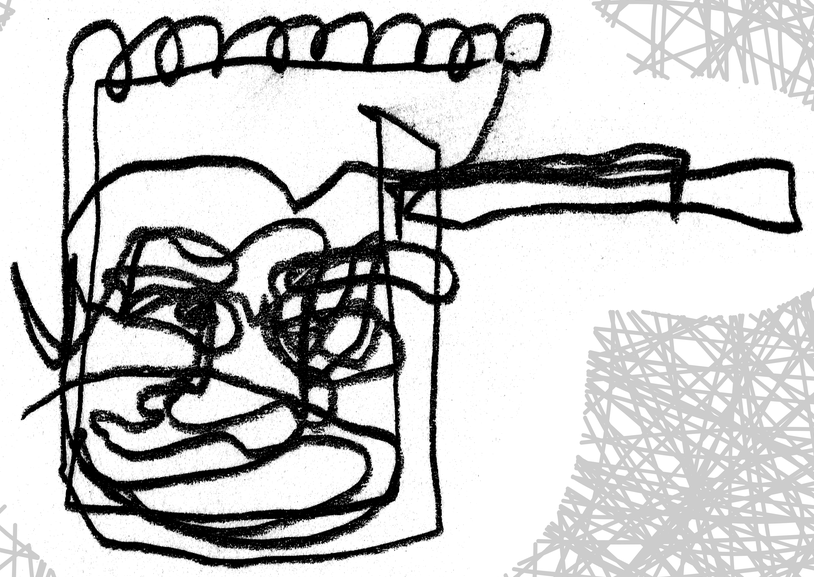




As someone with limited drawing experience, I wasn't expecting the most impressive results from this activity. But I was still intrigued enough to not immediately dismiss trying it as I commonly do with various new experiences.

My first attempt was a self portrait, accomplished by me sitting in front of my dorm room mirror. However, I forgot to adhere to the one-line rule. It is also the cover image for this zine (my better and more faithful second attempt is on the back).





As you may have already noticed, every sketch has been the result of me practicing this exercise. In a sense, it's the purest representation of my perpetually distorted view of the world. I have just yet to appreciate the beautiful truth.